



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

ACHIEVE YOUR WEIGHT LOSS AND ACTIVITY GOALS!

YMCA's Diabetes Prevention Program UPCOMING CLASS

Thursday, May 1, 2014 from 6:00 pm to 7:00 pm

- 16 weekly sessions, then monthly for remainder of the year.
- Work with others in a small group setting.
- Led by a trained Lifestyle Coach.
- This class will be held at the West YMCA Facility. Additional classes held throughout the year across the Treasure Valley.
- Please ask about our financial aid and payment plans.



Know your risk of having diabetes now. Answer these quick questions. For each Yes answer, add the number of points listed. All No answers are 0 points.

Question	Yes	No
Are you a woman who has had a baby weighing more than 9 pounds at birth?	1	0
Do you have a sister or brother with diabetes?	1	0
Do you have a parent with diabetes?	1	0
Find your height on the chart. Do you weigh as much as or more than the weight listed for your height? (See chart below)	5	0
Are you under 65 years old and get little or no exercise in a typical day?	5	0
Are you between 45 and 64 years old?	5	0
Are you 65 years old or older?	9	0
Add Your Score		

AT RISK WEIGHT CHART

Height	Weight (Pounds)	Height	Weight (Pounds)
4'10	129	5'8	177
4'11	133	5'9	182
5'0	138	5'10	188
5'1	143	5'11	193
5'2	147	6'0	199
5'3	152	6'1	204
5'4	157	6'2	210
5'5	162	6'3	216
5'6	167	6'4	221
5'7	172		

****If you scored a 9 or higher, then you may be at risk for prediabetes or diabetes, and may qualify for the program.***

For additional information or to register contact: Pamela Lowe, Chronic Disease Coordinator

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